

Open Lotus Yoga Gentle classes:

- Are small and personalized for 1-8 people
- Meet your needs - starting where you are
- Build confidence and knowledge of yoga
- Increase your strength, balance and flexibility
- Offer modifications for physical challenges
- Leave you relaxed and comfortable
- Enhance your feelings of well-being
- Can be arranged to fit your schedule
- Are reasonably priced and FUN!!!
- Can be held at your location for larger groups or private classes

Gentle Flow Yoga 60 or 90 minutes carefully sequenced to work through a complete and balanced practice engaging all parts of the body with mind, breath and spirit. Leave feeling great! Designed for all levels. Also available for women only and for children and teens. Group classes in many Raleigh locations and OLY studio.

Glow Yoga - gentle flow by candlelight.

Moderate Flow Yoga - intermediate.

Restorative yoga classes 75-120 minutes with a gentle flow warmup followed by relaxing supported poses that allow your muscles to stretch and you to breathe a sigh of relief. The poses use comforting props and are held for longer than in flow class. We complete each practice with a period of releasing, renewing and mindful breathing.

Restorative Yoga for Cancer is also suitable for those living with chronic conditions and/or potentially life threatening illness. These special yoga classes are designed to allow you to enjoy the moment and learn techniques to deal with pain, side effects and anxiety. Being mindfully present in the moment and allowing yourself to accept the experience you are already having is a technique helpful in uniting body, mind and spirit, thereby aiding in the total healing process and complimenting your traditional health care treatments.

JourneyDance™ is an energetic movement exploration drawing on the techniques of yoga, modern dance, and improvisational theater. It's easy, playful and FUN! No dance or yoga experience or partner needed. Feel totally carefree in your body as we move to natural rhythms taking easy yoga poses off the limits of the mat. Classes can be arranged at the studio (3-10 people) or at your location (maximum capacity depends on your space). Call to schedule your special events. For children & teens, too! For videos see www.openlotusyoga.net.

Special Workshops call for details

OPEN LOTUS YOGA + DANCE

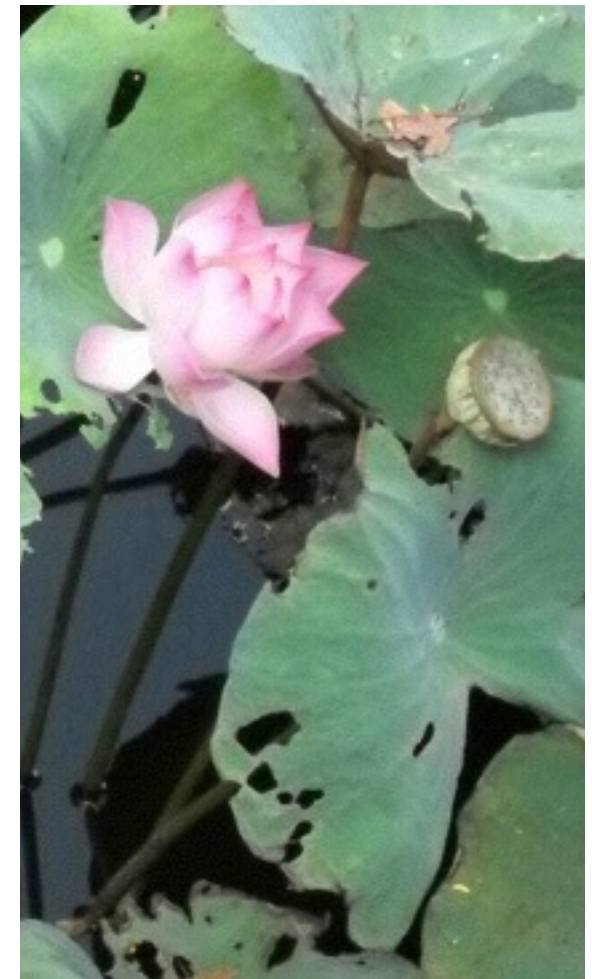
Cameron Village & Crabtree locations

Raleigh, NC

919-971-1086

openlotusyoga50@gmail.com

www.openlotusyoga.net





OPEN LOTUS YOGA + DANCE

Pricing			2019-20 Schedule		
Class Length	Single class	Class Card	Class Type	Time	Days
60 minute group yoga	\$15.00 per person	\$125.00/10 or \$65.00/5	Lunchtime Yoga Gentle Flow with Liz	12:00-1:00pm Open class *(use class card or \$15 drop-in rate)	Tuesdays and Thursdays Raleigh Yoga Center.
Intro special – new students only or gift to new student	N/A	3 class/\$30	Evening Yoga Gentle Flow with Liz	5:15-6:15pm	Tuesdays at RYC.
75 min. group yoga or dance	\$15.00 per person	Or use class card punch	Private classes with Liz	Email for appointment	Evenings and weekends.
Private yoga for one in studio	\$55.00/1.5 hr \$40.00/1 hr (by appointment)	15% discount if prepaying for 5 sessions.	Silent Yoga Mini-Retreat w/ Liz and Suzanne	9am-12:30pm. Please pre-register. Yoga, meditation and creative exercise (art or journaling)	Sun Jan 19 2020 \$54 includes snacks At RYC
Semi-private 2-3 people in studio	\$30.00 per person/2 1.5hr or \$20pp/2 1hr. 3rd person	15% discount if prepaying for 5 sessions.	Community classes and JourneyDance	Email Liz	
Private yoga or JourneyDance – 1.5 hr. at your Triangle location	\$65. for 1-2, plus \$18 each add. person for yoga; 4 person minimum for dance at \$22	15% discount if prepaying for 5 sessions. Call Liz for appointment.			

Liz Sprague Holt: completed 200-hour yoga training at White Lotus Foundation in Santa Barbara, CA, certification in Therapeutic Yoga for Seniors, and a week-long course in introducing the concepts of Yoga of Awareness for Cancer Patients and their caregivers, both at Duke Integrative Medicine, and is certified to teach JourneyDance™ – a fun and healing movement combination of dance and yoga. Liz is a member of Yoga Alliance and the International Association of Yoga Therapists. Liz has attended workshops and courses in Taoist Tai Chi, Thai Yoga Massage, Mindfulness Based Stress Reduction, Meditation, Yoga Nidra, iRest, Ayurveda, Pilates, and dance classes in many styles. Life-long learning is her passion. *“Be kind to one another”*



★ Private yoga guarantees your scheduled time alone.
★ Semi-private sessions - you and your friend(s) can be scheduled together. Great for couples, sisters, families, friends, co-workers.

Credit (Visa/MC) and debit cards are accepted for all purchases.
Gift certificates are available for any amount.
Please check website for any schedule changes or call 919-971-1086.